U.S. FOOD CONSUMPTION AS A % OF CALORIES

PLANT FOOD:
Vegetables, Fruits, Legumes, Nuts & Seeds, Whole Grains
*Fiber is found only in plant foods.*

NOTE: Up to half of this category may be processed, for example almonds in candy bars, apples in apple pies or spinach in frozen spinach soufflé, and of course these would not be healthy choices. The focus should be on whole unprocessed vegetables, fruits, legumes, nuts and seeds and whole grains.

ANIMAL FOOD:
Meat, Dairy, Eggs, Fish, Seafood
*Cholesterol is found only in animal foods.* Animal foods are the PRIMARY source of saturated fat.

GUIDE TO HEALTHY EATING:
Much easier to understand than the USDA Food Pyramid, with no food industry influence.

Eat LESS from the animal and processed food groups and MORE whole foods from the plant food group.

In general, food from the animal and processed food group contribute to disease, while WHOLE foods from the plant group contribute to good health.

New York Coalition for Healthy School Food * www.healthy.schoolfood.org
Special thanks to Joel Fuhrman, MD, author of *Disease Proof Your Child: Feeding Kids Right* * Graphics by MichelleBando.com
© 2009, New York Coalition for Healthy School Food